

# **Substance Use During Pregnancy**

[insert presenter info]

# Overview

- **Effects of Substance Use during Pregnancy**
  - General Overview
  - Common Substances
- **Managing the Risk**
  - Self-check
  - Local resources available
- **Avoiding Relapse**

# Effects of Substance Use During Pregnancy

## The Take Home Message:

- **What you do, the fetus does too.**
- **No one really knows how much is harmful.**
- **The safest bet: Don't use!**

# Effects of Substance Use During Pregnancy

## DEFINITION

- Teratogen: any agent that interferes with normal embryonic development

# Effects of Substance Use During Pregnancy

- Common substances to avoid
  - Drugs
    - Alcohol
    - Tobacco/Nicotine
    - Illegal/Illlicit Drugs
    - Medications
  - Environmental Toxins
    - Pesticides
    - Lead
    - Chemicals

# Effects of Substance Use During Pregnancy

- **What are the consequences of substance use or exposure?**
  - Complications during birth
  - Physical deformities
  - Mental retardation
  - Developmental Disorders

# Managing the Risk. . .

- **Actions to take to protect yourself and the developing fetus**
  - Stop using tobacco, alcohol, and drugs
  - Avoid exposure to environments where these substances are being used by others
  - Consult with your Health Care Provider

# Managing the Risk. . .

- **Actions to take to protect yourself and the developing fetus**
  - **Know your environment**
  - **Limit contact with potentially dangerous chemicals**
  - **Make sure your working conditions are safe**

# Managing the Risk...

- **Local Resources Available**
  - **The TMC/MTF (your health care provider)**
  - **The MEDDAC (your OB/GYN provider)**
  - **Community Health Nurse**
  - **Behavioral Health Activity**
  - **Army Substance Abuse Prevention (ASAP) Program**
  - **The Pharmacist**

# Avoiding Relapse

- Many new mothers report that they resuming substance use following delivery
- Particularly true of tobacco products and alcohol

# Avoiding Relapse

- It is also important to keep in mind that substances can continue to cause significant health problems to children after birth...
  - Transmission through breast milk
  - Environmental exposure to smoke

# Avoiding Relapse

- A Strategy for Avoiding Relapse
  - Make a plan
  - Return for follow-up
  - Tell others you quit
  - Ask for help from family and friends

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